



## FIT CITY MONTHLY CHALLENGE-NOVEMBER

### Exercise to Fight Mild Depression



In October, the Bexar County Community Health Collaborative and the San Antonio Metropolitan Health District released the *2002 Community Health Assessment and Health Profiles*. Behavioral health was just one of many issues studied. The assessment determined that approximately six percent of adolescents (10 to 17 year olds) suffer from major depressive disorder at the local and national level. Another five to ten percent experience transient or temporary depressive symptoms. Additionally, the study found that nearly 32% of Bexar County adults reported having no leisure-time physical activity. These results are significant, as it has been shown that there is a link between physical activity and an improvement in mood and stress reduction.

Dr. James Blumenthal, Ph.D., a research psychologist who has done extensive research on the effects of exercise on depression, reported in 1999 that after 16 weeks of treating two groups of mildly depressed patients with either medication or exercise, exercise was as effective as medication in relieving the symptoms of mild depression. Moderate and severe depression requires medication; however, exercise can make medication more effective. In a follow-up study reported in 2000, Dr. Blumenthal found that exercise reduced the rate of recurrence of depression if the exercise was continued over time. Put yourself to the test to see if you may be suffering from depression. The more of these symptoms you have, the more likely you are to suffer from depression.

Do you have any of these symptoms?

1. You feel sad most of the day especially in the morning.
2. You have little interest in doing things.
3. You feel tired all the time or have trouble getting to sleep.
4. Physical activity seems to wear you out more quickly than before.
5. You have trouble thinking and making decisions.
6. You no longer enjoy things that used to be fun.

Talk to your doctor about any symptoms of depression and ask for help in starting an exercise program. If you have experienced severe depression or had thoughts of suicide, seek professional guidance immediately.

### **NOVEMBER EVENTS**

**November 2** - 12<sup>th</sup> Annual 5K Walk & Run for Life benefitting the San Antonio AIDS Foundation. Woodlawn Lake Park, 1103 Cincinnati. 854-5976 [www.txsaaf.org](http://www.txsaaf.org)

**November 2** - First Saturday Guided Natural History Hike. Join others for a Saturday morning hike at Friedrich Wilderness Park, 21395 Milsa Road. 9 – 11 a.m. \$2 donation. 698-1057 [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar)

**November 2** - Junior Golf Clinic for beginner to intermediate golfers ages 6 – 17. Cedar Creek Golf Course, 8250 Vista Colina. 9 a.m. \$1. Pre-registration required. 225-3520 [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar)

**November 3 – 7** - Flamenco and Folklorico Dance Workshop. Five-day workshop features various forms of dance and nationally-known flamenco and Mexican dancers. Municipal Auditorium, 100 Auditorium Circle. 207-3000 [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar)

**November 9** - The University of Texas at San Antonio holds its 15th annual Walk for Women's Athletics, which benefits the female student athletes' scholarship fund. 10 a.m. registration. Walk starts at 11 a.m. \$25. UTSA, 6900 N. Loop 1604 West. 458-4182

**November 9** - The Cystic Fibrosis Foundation holds its 17th annual 'Tower Climb.' Starts at 8 a.m. at the Tower of the Americas in Hemisfair Park. \$10 entry fee and a \$75 donation. 829-7267

**November 9** - Junior Golf Clinic for beginner to intermediate golfers ages 6 – 17. Mission del Lago Golf Course, 1250 Mission Grande. 9 a.m. \$1. Pre-registration required. 225-3520 [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar)

**November 10** – 28<sup>th</sup> Annual San Antonio Marathon of the Americas is a 26.2 mile event, which also features the Mayor's 5K Challenge Run along with a 26.2 mile 2-person relay, 5K walk and Roger Soler's Sports Kids Klassic Run. Marathon begins at 7 a.m., Mayor's Challenge at 7:30 a.m. and Kids Run at 8:30 a.m. on the north side of the Alamodome, 100 Montana. Fees range from \$7 on up based on event and date registering. Register online before November 7. 246-9652 [www.samarathon.org](http://www.samarathon.org)

**November 16** - Walk, Roll, & Run to Remember 5K or 1 Mile Walk to benefit Children's Bereavement Center. Woodlawn Lake Park, 1103 Cincinnati. 8:30 a.m. \$15 before race day, \$20 on day of event. 366-3701

**November 16** - Junior Golf Par 3 Tourney. Golfers of all skill levels ages 6 – 17. San Pedro Par 3 Golf Course, 6102 San Pedro. 9 a.m. shotgun start. \$5. Pre-registration required. 225-3520 [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar)

**November 21** - SARR Turkey Trot includes 4-mile run and kids' run. McAllister Park, 13102 Jones-Maltsberger. \$6 to \$8. 10 a.m. 759-6631 <http://sarunner.home.texas.net/>

**November 23** - Junior Golf Clinic for beginner to intermediate golfers ages 6 – 17. Cedar Creek Golf Course, 8250 Vista Colina. 9 a.m. \$1. Pre-registration required. 225-3520 [www.sanantonio.gov/sapar](http://www.sanantonio.gov/sapar)